



## Country Range Blackened Cajun Seasoning (4x530g)

### Additional Information

Product Code	762017
Product Description	The blackened Cajun seasoning can be sprinkled onto chicken, steak, salmon or tuna and gently pan fried or mixed with olive oil and brushed over potatoes, vegetables or chicken breast before and during oven cooking. Serve as a main dish, in a wrap with mayonnaise and salad, or as part of a spicy version of a Caesar salad. An ideal, versatile spicy option for all food types. Suitable for vegetarians. Vegan friendly
Height (mm)	198.0000
Length (mm)	170.0000
Width (mm)	170.0000
Outer EAN 1	5023616459104
Storage Type	Ambient
Brand	Country Range

### Ingredients

Ingredients	Paprika (35%), Onion (17%), Garlic (12%), Cumin, Salt, Chilli (3%), Black Pepper, Thyme, Oregano
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## Dietary Information

Approved for a Halal Diet	No
Approved for a Kosher Diet	No
Suitable for Coeliacs	Yes
Suitable for Lactose-Free Diet	Yes
Suitable for a Vegan Diet	Yes
Suitable for a Vegetarian Diet	Yes

## Allergens

Celery	No
Gluten	No
Crustacea	No
Egg	No
Fish	No
Lupin	No
Milk	No
Molluscs	No
Mustard	No
Nuts	No
Peanuts	No
Sesame	No
SOYA	No
Sulphites	No

Nutritional Information

Carbohydrate Per 100g (g)	33.8 g
Carbohydrate of which Sugars per 100g (g)	11.1 g
Fat per 100g (g)	8.3 g
Fat of which Saturates per 100g (g)	1.2 g
Fibre per 100g	21.3 g
Energy per 100g (kcal)	278 kcal
Energy per 100g (kJ)	1161 kJ
Protein per 100g (g)	12 g
Salt per 100g (g)	11.5 g

Disclaimer:

While we endeavour to ensure the accuracy of all product, pricing and nutritional data at all times, and that information is provided in good faith, we are not the manufacturers of these products and any such information we provide is therefore reliant on the accuracy and completeness of information provided to us by our suppliers.

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